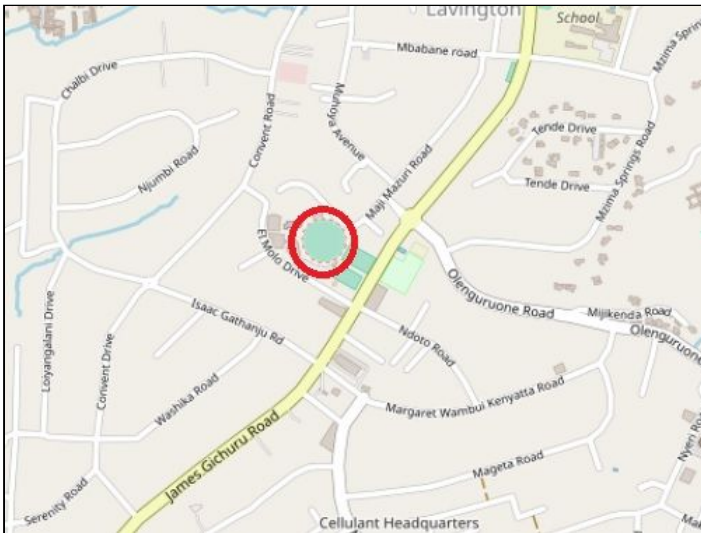




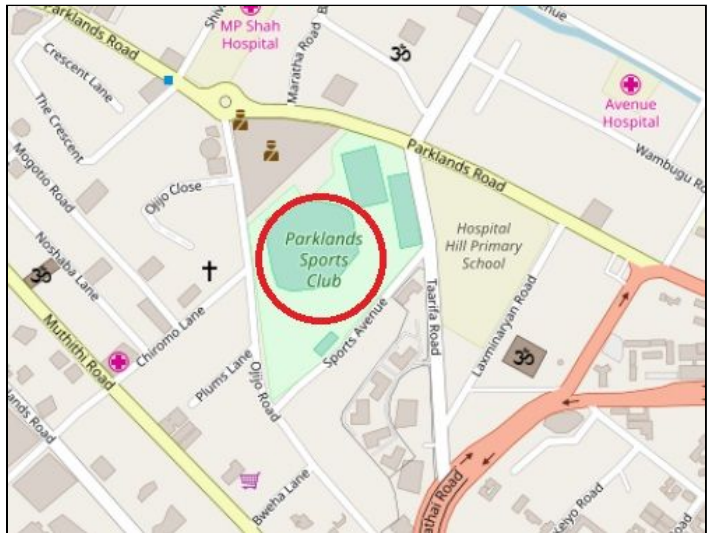
URBAN SWARAS RUNNING CLUB

Thursday Track Sessions

Thursday track sessions take place at Parklands Sports Club and Jaffery Sports Club. The venues alternate each week, but the time remains fixed: **Thursday evening, 1830 to 2000**. The session can be used for speed and interval work, or just a to meet, run and socialise with other members. The venues charge a parking or entry fee (see below), but there are no additional fees from the club. Please wear your club T-shirt so that we can identify each other and be identified by the venue, and bring your own water.



Jaffery Sports Club, Lavington



Parklands Sports Club

Parklands Sports Club is located on Parklands Road, Parklands. Entry is through Gate B, next to Parklands Police Station. The track is 440m in circumference surrounding a grass cricket pitch. The surface is compacted soil, suitable for any type of running shoes. The track is lit by floodlights. The entry fee is 150/- per person, which includes parking and the use of changing rooms and facilities. There is ample parking. We meet on the grass area between the track and the tennis courts.

Jaffery Sports Club is located on El Molo Drive, opposite Lavington Curve Shopping Centre just off James Gichuru Road, Lavington. The track is a circle of 440m circumference surrounding a grass cricket pitch. The surface is hard rubber, suitable for road or gym shoes, but not spikes or trail shoes. The track is lit by floodlights. The parking fee is 50/- per car for up to two hours, payable by cash only. There is ample parking. We meet on the grass area in front of the club house.

Remember, Thursday evenings at 1830. Check the calendar or weekly email for the venue.